



# An introduction to Doula training with Autumn at Dial a Doula



LACEY BARRATT  
Beautiful chaos

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# Hello, I'm Autumn and I'd like to introduce myself...

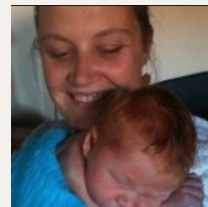
I am a birth & postnatal doula, doula trainer & mentor, remedial therapist; with a special interest in pregnancy & post-natal care. I am also an infant massage instructor, reiki practitioner & yoga teacher. Along with being an oncology massage practitioner and end of life doula, I have also been running Autumn Retreat Thornbury since 2008.

I have been supporting families, as a doula, for over 12 years and the transition to teacher came naturally, after spending years being mentored and assisting the founder of Dial a Doula, Sunderai. As with my doula clients, I aim to hold space for you, as a student, to empower and inform you, so they in turn you can empower birthing women and families.

I am a daughter, a sister, a mum to a beautiful son, Griffin and a very proud aunty to 4 lively boys...with a niece on the way. I am so lucky to be surrounded by the most supportive family, who i am deeply grateful for.

I know how important support is and I am honoured to have been able to support so many families along the way.

Aside from holding babies (which I've been doing since I could sit up), holding space as a doula and as a teacher is where my heart feels the happiest. I look forward to guiding you through your journey to become a Doula



*Autumn Ryan*



# Dial a Doula, where it all began...

Dial a Doula has been one of Australia's highly respected face to face Doula training programs for over 25 years. Dial a Doula offers Birth Foundation Doula training & Postnatal Doula training, providing support for birthing and postnatal women and their families.

## OUR FOUNDERS

### SUNDERAI FELICH

Sunderai is the director of Dial a Doula and a director of The International College of Spiritual Midwifery. she has 40 years experience in women's and children's health. Sunderai supports doulas to stand strong and confident, supporting them to find their way. she coordinates the placement of doulas who provide support to mothers, their partners and family throughout pregnancy, birth and the postpartum time.

Sunderai's qualifications include childbirth education, pre-school mothercraft, breathwork, bodywork, massage, reiki, doula training and hypnobirthing. she has been training and mentoring doulas for over 25 years, providing a comprehensive birth and post natal training program.

### SHIVAM RACHANA

Shivam Rachana is a respected childbirth educator and healer. she is the founding principal of the International College of Spiritual Midwifery and was co founder and director of The Centre for Human Transformation.

Rachana is passionate about the power of the imprinting process that occurs during the pre and peri natal time and the influence that it has for the rest of our lives. within each person she recognises the ability to self-heal, enabling others to take the necessary steps toward their own healing. she draws upon her experience as a woman, lover, mother, teacher of spiritual midwifery, tantra and rebirthing. Rachana is a pioneer of natural birthing practices including water birth and lotus birth which is also the name of her book.



# Why train with Dial a Doula?

Dial a Doula is one of Melbourne's oldest face to face doula training organisations, we have been training birth and postnatal doula's for over 25 years. With this experience, we have seen the many ways our doulas have been able to support birth and postpartum. Past Dial a Doula students have started organisations such as Birth For Human Kind, they've been involved in setting up Doula Network Australia, there are past students who have built strong and lasting relationships with private midwives, worked alongside incredible Obstetricians.

Dial a Doula training is aligned with anyone who feels they want to hold space and support women and families, through the most amazing and sometimes challenging time in their lives; whether you are drawn to studying with us because you love birth; perhaps you or someone you know has had a traumatic experience in birth or postnatally, and you want to do all you can to support people during this important time in their lives; you may have had a really positive experience and feel called to support women in birth or postnatally; perhaps your deciding whether to study midwifery or to become a doula, and you know that in your heart you want to offer continuous care and support during pregnancy, birth and postnatally. If you are personable, empathetic, warm hearted, passionate and want to support birth and postpartum then this training is for you.

**“If a doula were a drug, it would be unethical not to use it.”**

~John H. Kennell, MD

## THE EVIDENCE ON DOULAS

Continuous labour support has been shown to have positive pregnancy outcome benefits, including improved satisfaction with the birth and a rise in self-esteem of the mother. This could positively impact the mother-baby relationship in the postpartum period as well as breastfeeding initiation and continuance.

According to a 2017 Cochrane Database Systematic Review, “Continuous support in labour may improve a number of outcomes for both mother and baby, and no adverse outcomes have been identified. Continuous support from a person who is present solely to provide support, is not a member of the woman's own network, is experienced in providing labour support, and has at least a modest amount of training (such as a doula), appears beneficial.”\*\*

\*\*Bohren MA, Hofmeyr GJ, Sakala C, Fukuzawa RK, Cuthbert A. Continuous support for women during childbirth. Cochrane Database of Systematic Reviews 2017, Issue 7. Art. No.: CD003766. DOI: 10.1002/14651858.CD003766.pub6. Accessed 23 July 2021.



# What to expect after your doula training

Doulas have been around for centuries, across many cultures, supporting birthing and postnatal women in every birthing environment. The awareness and need for Doulas in Australia has increased over the past 20 years, particularly in the last 5 years. Many women seeking Doula's have experienced birth trauma previously and understand the importance of continuous support and empowerment.



Becoming a Doula opens up many doors, in my experience I have had many conversations with Midwives who have said that they became Midwives thinking they would be doing what a Doula does in birth. They became Midwives to offer hands on support and to empower birthing women. The role of a Doula is to offer continuous, non-medical support during pregnancy, birth and in the postnatal period, allowing us to work alongside incredible midwives & obstetricians, while being able to focus all of our attention on the birthing woman, with a person-centred hand on approach.



Dial a Doula prides itself on training Doula's to support women through all types of births. Our belief is that everyone has the right to be supported, regardless of their birth choices. We have Doula's who support births alongside Homebirth Midwives, in Public Hospitals, alongside Obstetricians in Private Hospitals. Dial a Doula will guide you to be able to share unbiased information, to support people whether they are having a Homebirth, Hospital, Unmedicated Birth, Medicated Birth, Elective or Emergency Cesarean...and anything in between.



In your training you will gain skills to grow your business as a doula. With the support of Autumn and our marketing guest speaker, you will learn some wonderful tools to establish and build your business.

During and after your Foundation Doula training we require you to attend 3 births, these births can include friends or relatives. This will give you more confidence and hands on understanding of what to expect as your role as a Doula. There are plenty of ways of finding 3 pregnant women, so rest assured. If you have attended births prior to your training, we'd love to hear about it, as these can be counted towards your student births.



# Why face to face training and not online?



At Dial a Doula we are often asked why we don't offer online training, and the reason is simple...

I believe that becoming a doula isn't just about the certificate at the end of the training, it is about the connections you build during your training; the shared experiences; the stories and experiences of the other students. I also know how intimate the role of a doula is, and I want to keep our training personable.

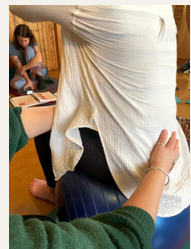
I take on a maximum of 10 students per course, allowing for the group experience, but also for the intimate nature of a small group.

What is taught in this training is far more than just the do's and don'ts of being a doula, it's about holding space for one another, about connection and understanding. Becoming a Doula is a passage, not just a certificate.

Throughout the training guest speakers join us to share their knowledge and experience, the face to face training allows them to also connect with you in an intimate setting, allowing the opportunity to build relationships for referrals.

The practical aspect of the training is very hands on. You will learn the skills to massage during labour, to use a robozo in pregnancy labour and postnatally, infant massage techniques. These techniques are best taught in person, allowing you plenty of hands on practice and an opportunity to experience receiving.

I look forward to sharing space with you and supporting you through your doula journey.



# Foundation Doula Training



This comprehensive foundation training teaches you about pregnancy, birth and the post natal time. It is educational and encourages personal growth. You learn hands on skills, how to establish your business as a doula and most importantly how to support a mother and her family.

Doula foundation training includes (but is not limited to):

Teaching about the birth process – how to support as a doula in pregnancy, birth and the early postnatal time. Handouts are given each week to provide further information and education. Touch and massage techniques, use of the rebozo, breathing and relaxation techniques and birth hypnosis, are some of the topics covered in the training. Guest speakers are invited to share their knowledge and experience. including lactation consultants, midwives, obstetricians & experienced doulas.

## COURSE CONTENT

- Introduction to training
- Overview of the modules
- Exploring what is a doula
- What has brought you to doula training
- Sharing your story and experience of birth
- Birth choices
- What are the place of birth options for women in victoria
- Statistics and experiences of different birthing environments
- Prenatal testing options
- Support during labour
- An understanding of the stages of labour including the last few weeks of pregnancy
- Exploring what is an intervention
- Understanding the cascade of interventions
- Caesarean birth and unexpected outcomes including stillbirth and miscarriage
- Delayed cord clamping, physiological or managed third stage, lotus birth
- Other useful tools, rebozo shawl, massage, hypnosis, aromatherapy, acupressure
- Postnatal
- Mothering the mother
- Immediately after birth, the fourth trimester, debriefing
- Supporting mother, partner, baby and family
- Breastfeeding, benefits, common challenges and other feeding options
- Life with a new baby, sleeping and settling
- Postnatal depression
- Working as a doula
- Your strengths and challenges as a doula, being on call, work life balance, etc
- Establishing your business as a doula, marketing and self promotion, resources and support network





# Postnatal Doula Training

The Postnatal Doula training gives you the skills to deeply care for mothers in the fundamental way of the doula - with deep respect, trust in mother's innate instincts, good information and excellent resources.

This training is taught over 40 hours. Guest speakers are invited to share their knowledge and experience, bringing their expertise in new parenthood.

## COURSE CONTENT

- Mothering the mother
- Your birth story, your story as a baby and as a mother
- Exploring what is post natal support, if you could have it what post natal support would be ideal for you
- The postnatal doula, your role and what services you provide
- Immediately after birth, support for the whole family
- Skills to provide a relaxed and supportive environment
- Early childhood & sibling support
- An understanding of early childhood development from birth to 12 months
- How to support siblings
- Relaxation and massage
- Baby massage, relaxation and meditation skills
- Developing listening skills.
- Feeding
- Your experience as a baby
- Your experience as a mother
- Breast feeding, bottle feeding, supplementary feeding, expressing, common problems and solutions
- Settling and sleeping
- Common problems and approaches
- Mother baby units or support in the home
- Ongoing support for the whole family
- Latest research
- Birth debriefing
- Postnatal depression
- Birth trauma
- The 4th trimester
- How other cultures support new mothers
- Support for families in the first 6 weeks
- Unexpected outcomes
- Special care nursery
- Disability
- Death
- How you can support as a postnatal doula
- Marketing
- Marketing yourself as a postnatal doula
- Your strengths and challenges
- Business networking
- Logo, business name and website



# Course dates, hours & payment plans

## LOCATION

Autumn RETREAT  
129 Miller Street, Thornbury 3071

## FOUNDATION DOULA TRAINING

### DURATION

Our Foundation Doula training is taught over 20 weeks, held during school terms with a 2week break in the middle of the course.

### DAYS & TIMES

Our classes are Wednesdays 10am-2pm

### COST

Early bird fee \$2000 (due 1 calendar month prior to commencement of course)

Regular fee \$2200 (payable if booking within 1 calendar month of course)

### DEPOSIT

\$500 required to secure your spot

### PAYMENT PLANS

Payment plans available



## POSTNATAL DOULA TRAINING

### DURATION

Our Postnatal Doula training is taught over 40 hours, in either 8 or 10 week blocks, held during school terms

### DAYS & TIMES

Our classes are Wednesdays 10am-2pm or 10am-2.3pm for 8 week courses

### COST

Early bird fee \$1000 (due 1 calendar month prior to commencement of course)

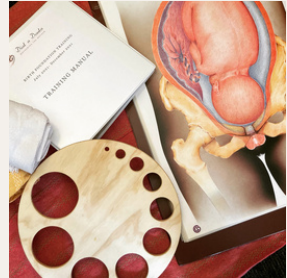
Regular fee \$1200 (payable if booking within 1 calendar month of course)

### DEPOSIT

\$250 required to secure your spot

### PAYMENT PLANS

Payment plans available



# Contact me

If you feel drawn to train with Dial a Doula reach out if you have any further questions or would like to pay your deposit to secure your place in our next course.

## EMAIL

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## WEBSITE

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